

Education & Certifications:

- * Masters and Doctorate in Natural Medicine from The School of Natural Medicine
- * Practical Counseling and Marriage, Family, Child Therapy
- * B.S. in Kinesiology and Psychology
- * Certified Personal Trainer and Group Exercise Instructor with the American Council on Exercise (ACE)
- * AFFA Certified Sports Nutrition Consultant
- * CPR/AED/First Aid Certified

Training Philosophy:

As a former professional triathlete, an active mom of eight wonderful children, and a professional in the health and wellness field for over 18 years now, I have learned that it is important to take something positive from every moment we experience as it can directly (and also indirectly) impact who we are and the life we strive to create. Because of my personal and professional experience, I can serve as an inspiration to those who are striving to be the best they can be for themselves and for their family.

Training Specialties:

- * General Wellness Coaching
- * Nutrition Consulting
- * Pilates/Core Instruction
- * Pre/Post Natal Fitness
- * Indoor/Outdoor Cycling
- * Triathlon/Distance Endurance Training
- * Body Toning/Sculpting
- * Active Older Adult Fitness
- * Youth/Teen Fitness/Sports Training

Interests & Hobbies:

I enjoy anything outdoors, triathlon training, taking my kids on bike rides and swimming Masters



ERIE
COMMUNITY
CENTER

PERSONAL TRAINER



Jaala Knowlton

Here to...

Help you reach
your fitness and wellness goals!

Visit Guest Service for pricing and
registration information.